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Carmel Valley Sun

FREE

September 3, 1986 — September 17, 1986

Saddle up and mosey on over.

— Page 3

Chili cooks compete for big prizes.

— Page 3

A place for eagles to soar.

— Page 7

LETTERS

No Less Concern

Recently we returned home from an extended trip late at night...Our home security system had malfunctioned and it appeared that shortly after we entered the home someone else had also entered...With panic and exhaustion we called the Sheriff and after initial calming by the dispatcher a prompt onsight visit was made by two officers...They conducted a thorough check of the house and grounds and after discovering it was a false alarm did not for a moment treat us with any less competence and concern...We wish to extend a sincere and public thank you to the Sheriff's office.

Mr. and Mrs. T.R. Gamble

Sheriff's Log

August 13-August 27

August 13: Nude sunbather reported, El Caminito; Suspicious persons following a woman. **August 14:** Purse turned into substation; Theft, Crossing Point Gallery, $300, passport and personal items taken; Bonfire reported at Porter's Pond. **August 15:** 10 marijuana plants (10' tall) harvested from behind Stonepine; Subject using narcotics in parking lot reported at Crossroads near Safeway; Theft, Plaza Linda, stolen signs; Shoplifter cited; Drunk driver arrested; Juvenile arrested for burglary and parole violation, burglary committed at C.V. Market, juvenile cited and released to parents. **August 16:** Juvenile on motorcycle arrested after pursuit by Sheriff's who attempted to stop him for mechanical violations, subject lost control of motorcycle and was struck by patrol car; Unsecured window, Charles Schwab Inc.; Civil stand by requested for car reposession, Del Fino Place; Someone running through Crossroads parking lot reported. **August 17:** Drunk Driver arrested near Garland Park; Prowler reported, Tierra Grande; Domestic dispute; Suspicious circumstances, Paso Hondo, blue new model pickup possibly casing a house; Tresspassing, C.V. Road, camper on property. **August 18:** 22 marijuana plants eradicated on Partington Ridge, no suspects. **August 19:** Theft, Rio Rd., shingles taken; Threatening phone calls; Open door, Sky Ranch estates. **August 20:** Possible narcotics activity at Crossroads; Bad checks, Longs; Woman reported 18-19 year old male who attempts to break into her car which is in her driveway every morning, Lupin Lane; Marijuana raid at Paloma Canyon, 817 plants (5-8' tall) seized, suspects fled on arrival, investigation continuing; Lost black purse reported; Landlord reported for bugging tenant about dirty home; Drinking in public reported, Grapevine; Battery incident at Community Center, victims refused to prosecute; Suspicious circumstances, 3 Mexican male adults reported acting suspicious near Barnyard; Shoplifter arrested, Crossroads Safeway; Domestic dispute. **August 21:** Vandalism, someone defecated in front of tenants vehicle at Gardiner's Tennis Ranch; Vandalism, beer thrown through vehicle window, Hidden Valley Inn; Theft, Rancho Road, keys taken; Civil standby requested; Obscene phone call; Argument that escalated at Saddle Mountain reported, involved codeine overdose and fight; **August 22:** SED team received anonymous death threat on the anonymous tip line from a "very irate marijuana grower;" Theft, purse stolen from open car at Albertson's, credit cards and cash taken; Elderly female reported for harrassing individual by driving close to her on Laurel Dr.; Indiscriminate shooting, Cahoon Ranch; Wallet found at CV Country Club, returned to owner; **August 23:** Vandalism, Ford Rd., mailbox pulled off post, NSF check reported; Dogs barking and running at large, Buena Vista del Rio; Open door, White Oaks Condominiums; Woman reported someone broke into her home, beat her then threw her into the pool, turns out story was created to prevent other charges. **August 24:** Open door, Furniture West, Valley Hills; Shoplifting reported, Bugaboo Mountaineering, subject fled with girlfriend; Theft, Cachagua, 4 rats valued at $8 taken. **August 25:** Individual arrested by Sheriff's made threatening remarks; Threatening phone calls; Gunshots heard, Del Mesa. **August 25:** Several victim vehicle burglary, Mission Inn, all property recovered except one camera. **August 26:** Theft, Aquarian Bicycles, louvers and helmet taken; Armed robbery, Robinson Canyon, suspects in late teens, driving 4-door Nissan, $58 taken; Shoplifter, *Longs; Marijuana plants eradicated, 250 plants*

Continued on page 11

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THE CARMEL VALLEY COMMUNITY YOUTH CENTER
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★ For more information and entry forms call, 659-3983 or 659-4874 ★

Enjoy Lunch on our new patio!
Thursday-Sunday 11:30-2

LUNCH MENU

Light Lunch
Includes Sourdough Bread and Butter, and Choice of Our Famous Clam Chowder or a Nelson's Tossed Salad.
½ DOZ. BLUE POINT OYSTERS on the half shell.....6.50
½ DOZ. CHERRYSTONE CLAMS on the half shell.....6.25
CRAB COCKTAIL.....6.50
SHRIMP COCKTAIL.....6.00
JUMBO PRAWN COCKTAIL..7.00

Sandwiches
Includes French Fries and Fresh Fruit.
REUBEN SANDWICH.....5.50
CHICKEN SALAD SANDWICH.....5.00
SHRIMP or CRAB SANDWICH.....5.25
BILLY BURGER.....5.50
½ lb. hamburger on a sourdough roll, topped with Monterey Jack, avacado, onions and lettuce.
TUNA MELT.....5.25

CHOWDER & SALAD
Our famous chowder served in a large clam bowl with sourdough bread and butter and a Nelson's tossed salad.
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Louies & Salads
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SHRIMP, CRAB or COMBINATION LOUIE.....7.50
SHRIMP, CRAB or COMBINATION STUFFED AVACADO..7.50
NELSON'S TOSSED SALAD.....5.00
A larger version
CHICKEN SALAD.....6.50

Pasta & Vegetarian
PASTA ELIZABETH ANN.....5.50
Linguine sauteed in garlic butter and topped with fresh herbs and steamed vegetables.
SEAFOOD PASTA.....7.00
Pasta of the day sauteed with crab, shrimp, squid, scallops and rock cod and a hint of tomato.

Fish Specialties
Includes French Fries, Fresh Vegetables, Sourdough Bread and Butter. Nelson's Tossed Salad or Chowder add 1.50
SEAFOOD BROCHETTE.....7.25
Scallops, prawns, rock cod, onion, bell pepper and tomato skewered and broiled. Served with a herbed butter sauce.
FISH-N-CHIPS.....5.25
Monterey rock cod dipped in tempura batter and deep fried.
PRAWNS TEMPURA.....7.25
Jumbo Gulf prawns dipped in tempura batter and deep fried to a golden brown. Sauteed in garlic butter or broiled.....7.50.
SALMON FILET.....MKT. PRICE
Choice of broiled, poached or grilled. Served with Maitre'd butter.
PETRALE SOLE AMANDINE.....7.00
Locally caught Petrale sole sauteed in lemon butter and almonds.
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Squid dipped in our special seasoned batter and deep fried to a golden color. Sauteed in garlic butter.....6.25
EASTERN SCALLOPS.....7.00
Large tender Eastern scallops sauteed in garlic butter. Lightly breaded and deep fried.....7.25
FRESH ABALONE.....MKT. PRICE
The finest abalone lightly breaded and sauteed delicately.

Desserts
NEW YORK CHEESECAKE.....2.25
FRUIT, MELON or BERRIES.....1.95
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Cowboys Compete

Hundreds of local folks will show off their talents at the third annual Carmel Valley Ranchers' Days, September 6 and 7 at the Carmel Valley Trail and Saddle Club on East Garzas Road.

Carmel Valley Ranchers' Days was created to preserve and demonstrate the talents and traditions of the local cowboy and cattle rancher. Cowboys will be competing in such events as team penning, mock calf branding, team roping, stockhorse classes, and team roping. Also, added to the line-up of events this year is a "Stick-horse Race" for young children.

A pancake breakfast, served from 7 to 9 a.m., will kick off the event each morning. A western style barbecue will be served each day from noon to dark. Price for the barbecue is $6.

Adding to the festivities will be the fine country music of Strictly Country who will begin performing at 6 p.m. Saturday night.

Spectator admission is free. Competition begins at 8 a.m. each morning. Proceeds from entry fees and concessions are distributed to local non-profit organizations.

For more information call 625-2606.

Psychics Tell All

A day of fun and insight will be offered Saturday, September 13 at the Fall Festival and Psychic Fair at the Carmel Valley Trail and Saddle Club on East Garzas Rd.

Activities for the day include mini-readings by professional psychics, aura photography, lectures and massage therapists. Books, jewelry, arts and crafts and refreshments will also be available along with music and entertainment.

Admission is $2. Readings are $8 each.

Doors open at 9:30 a.m. to sign up for readings.

The event is sponsored by the Central Coast Psychic Resource Center, a support group for psychics. They also offer classes and events for developing psychic abilities.

For more information, call 646-9487.

Chili And Entertainment

What does it take to make a great bowl of chili? Find out September 13 at the first annual Great Chili Cook-Off being presented by the Carmel Valley Community Youth Center where up to 50 teams will be competing for major prizes.

Activities begin at 11 a.m. with children's events and a cook's meeting Chili preparations begin at noon with actual cooking time running from 1-4 p.m. Judging begins at 4 p.m. and samples will be available to the public at that time.

While awaiting a chance to sample the various team efforts participants can enjoy a full day of acitivites. There will be hot dogs and hamburgers, soft drinks, beer, wine, volleyball, horseshoes and music. Entertainment will be provided by The Coast Ridge Boys, The New Grass Menagerie and Strictly Country.

For more information call, 659-3983 weekday mornings or 659-4874.

WHAT'S GOOD FOR A CAT ISN'T GOOD FOR A KITTEN

Because the extra nutrients needed by kittens and pregnant/nursing cats conflict with the dietary restriction required for the prevention of urinary disease in adult cats, now there are two different Science Diet® cat foods for your cat's different stages of life.

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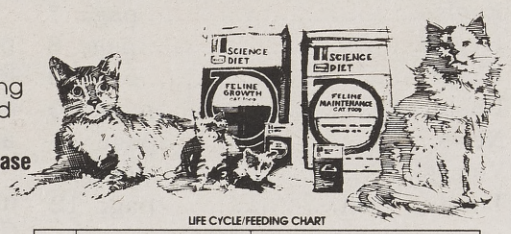

LIFE CYCLE/FEEDING CHART

STAGE OF LIFE	KITTENS		ADULT CATS		
	GROWTH		MAINTENANCE	PREGNANT/NURSING	MAINTENANCE
DIET OF CHOICE	MOTHER'S MILK (birth to weaning)	SCIENCE DIET FELINE GROWTH (up to 1 year)	SCIENCE DIET FELINE MAINTENANCE	SCIENCE DIET FELINE GROWTH	SCIENCE DIET FELINE MAINTENANCE

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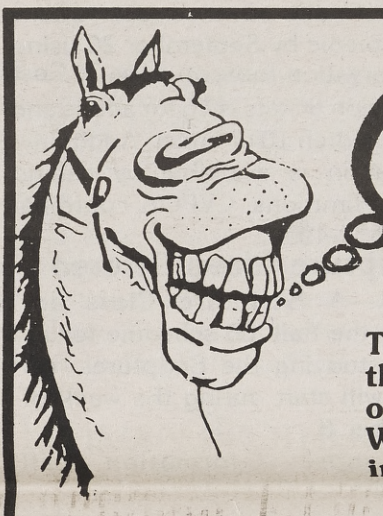

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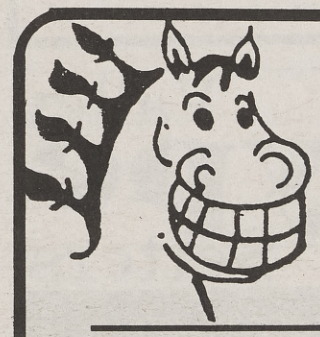

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Carmel Valley Sun

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The Cover

Cowboys watch the action at the Carmel Valley Rancher's Days.

CVPOA Picnic Plans

Carmel Valley Property Owners Association's highlight event of the year, the annual family picnic for members and the general public interested in membership, will be held Sunday, September 28, at Robles Del Rio Lodge from 1 to 4 p.m., Gene Erner, CVPOA president, has announced.

Lunch of barbecue chicken, salad, garlic bread, dessert, wine and lemonade will be served at pool-side and swimming will be open to young and old alike. Beer is available.

A special feature of this year's picnic will be a demonstration by the Carmel Valley Fire Department of how "The Jaws of Life" equipment is used to rescue persons from a wrecked automobile. The demonstration will be preceeded by a 15-minute presentation by fire department personnel on how the fire department serves Valley residents.

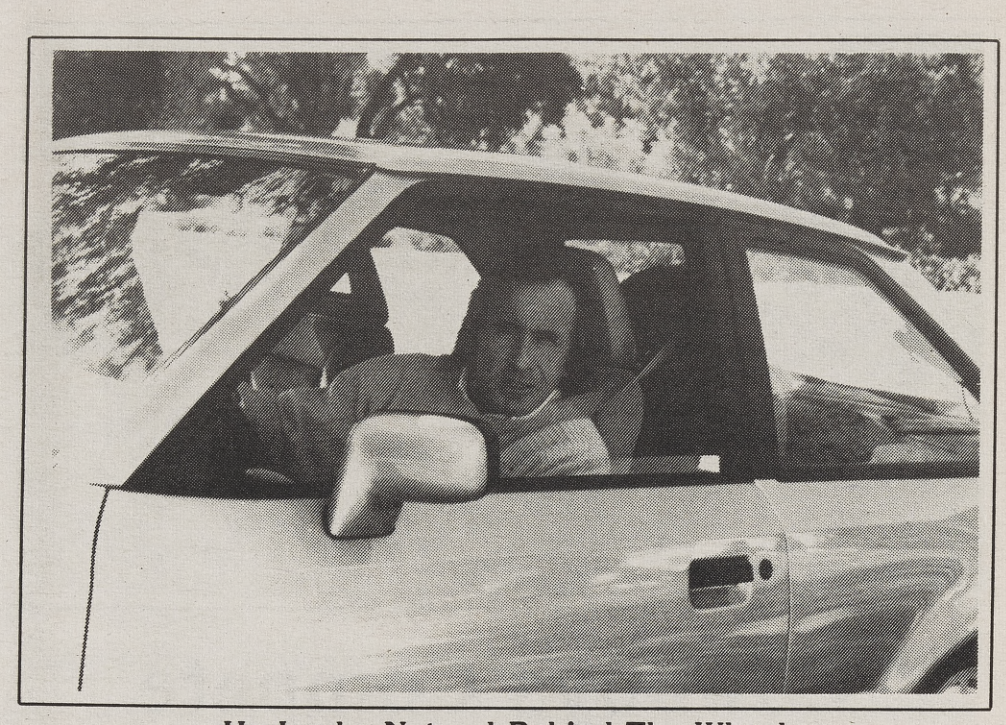
Erner will report on current CVPOA programs of interest to members.

Members and the general public are asked to make advance reservations for the picnic by September 20 using the reservation form on page 7. Cost of luncheon tickets is $6 for adults and $3 for children 10 or under. Additional information is available by calling Shirley Nimmons, CVPOA coordinator. at 659-4936.

Scripture Class Offered

SEEK—A Scripture Class announces the Fall '86 schedule for its classes studying the Scriptures. All classes will start during the week of September 8.

For more information call 375-8603.



He Looks Natural Behind The Wheel

Well known race car driver and sports announcer Jackie Stewart may have gone unnoticed by many except for the entourage that traveled with him. Stewart and the others were here on the peninsula and in Carmel Valley to shoot a driving safety video for Ford Motor Company. A spokesman for the company said the video would be released by the end of the year but could not say where it would be distributed.

MIRA Tours To Be Held

Free tours of the Oliver Observing Station run by the Monterey Institute for Research in Astronomy (MIRA) at Chews Ridge will be offered on three Sunday afternoons.

Tours begin at 2 p.m. and will be available on Sept. 7, 21 and October 12. Reservations are required.

For more information, or to make reservations and obtain directions to the observatory call, 375-3220.

Peninsula Women To Discuss World Changes

Several orgranizations have combined their efforts to present a panel discussion about "Signs of a World Awakening: Choices at the Crossroads." The discussion will be held on Saturday, September 13 at the Community Room in the Crossroads. Doors open at 9:30 a.m.

Vivienne Verdon-Roe, producer of the film "Women—For America, For the World" will be the featured speaker and will show her film. A selected panel to lead the discussion on women's role in changing the world will include Barbara Brooks, Barbara Honegger, Meredith Harrill, and a striker from Watsonville.

Sponsors for the event include Committees of Correspondence, New Forum, Sophia Center, Nuclear Freeze, Continuing the Peace Dialogue and the League of Women Voters of the Monterey Peninsula.

For more information call 624-7494.

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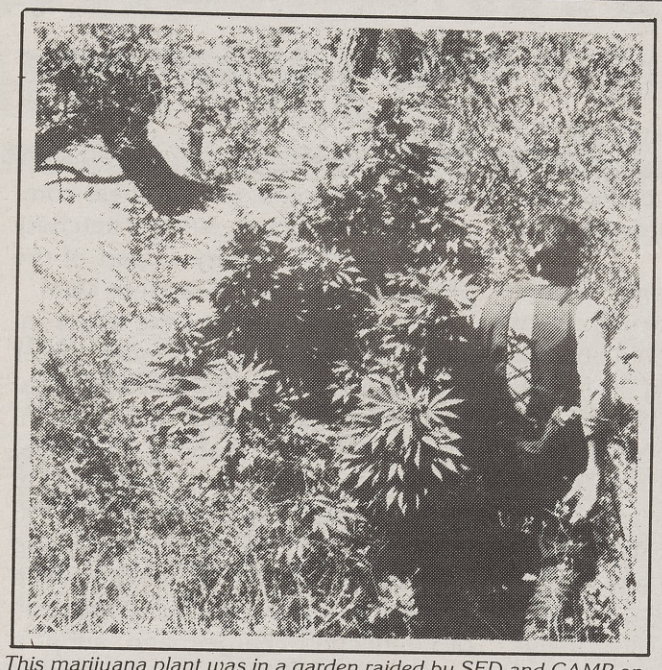

This marijuana plant was in a garden raided by SED and CAMP on August 26.

SED Raids

So far this year, the Monterey County Sheriff's Special Enforcement Detail (SED) has confiscated 4,633 marijuana plants weighing over 7,500 pounds. According to Sgt. Joe Anzini who heads the SED, that's 1,000 more plants and double the weight confiscated last year. And it's not over yet.

Raids on marijuana gardens over the past two weeks have increased because Campaign Against Marijuana Planting (CAMP) officers have been in the area assisting with the SED eradication efforts. CAMP is gone now but the raids will continue said Sgt. Anzini and more seizures are anticipated. There are currently 12 search warrants pending (though as of Sept. 2 none were for Carmel Valley) and the search for gardens with fixed wing aircraft will also be continued. "Because of it's effectiveness," said Anzini, "the SED is putting more effort into air time."

Most of the gardens raided by the SED have been spotted by air though some have been located through anonymous tips. The SED uses CAMP's fixed wing aircraft two to three times a week for reconnaisance. Often gardens are sighted by accident.

The major growing areas covered during air reconnaisance is Palo Colorado Canyon, Pfeifer Canyon,

Continued to page 11

Bookmark Contest To Be Held

The Monterey County Library is sponsoring its Fourth Annual Bookmark Contest during the month of September.

Five winners will be selected from each of three age categories: ages 4-7; 8-12; 13 and above. The bookmark design should be done in black, on white paper, size 8½ by 3 inches, one side only. *Pencil is not acceptable.*

Contestants may enter as many designs as desired, but all entries must be submitted to the Library branch by Sept. 30, 1986. Each bookmark must contain name, age, address, phone and library on the back.

The 15 winning bookmarks will be duplicated and distributed throughout the County Library System during National Children's Book Week, November 17-23. Book Week is sponsored by the Children's Book Council, a non-profit association of children's book publixhers, which supports projects and programs pertaining to children and books.

Preschool Storytimes To Resume

The Carmel Valley Library will resume the Preschool Storytimes beginning Thursday, September 11.

Every Thursday at 10:30 a.m. storyteller Shelly Culling will present another adventure for children ages 3 to 5 years. Pre-registration is suggested.

The Library is located at 65 W. Carmel Valley Road. For more information call, 659-2377.

Writing Class Being Offered

Want to be a writer? The Monterey Peninsula College will be sponsoring a creative writing class at the Carmel Foundation beginning Tuesday, September 9.

The class titled "Thoughts, An Experience in Creative Writing" will be instructed by Illia Thompson.

For more information call 659-5210.

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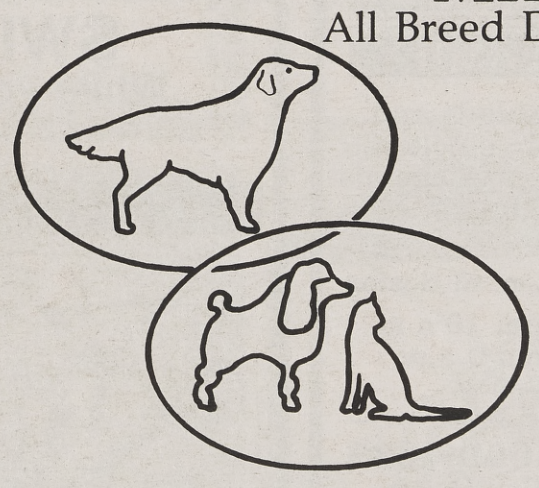

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DISCOVER THE WORLD

by Mara Cantor
Courtesy of Expanding Horizons

COSTA RICA— Few places in the world offer the visitor as much to see and do as the friendly, peaceful, democratic country of Costa Rica. It has been called the Switzerland of Latin America or an American Denmark. Like Switzerland, Costa Rica is a land of meadows, forests and mountains. Like Denmark, it is a nation of farmers and fishermen with ready access to the sea. There are magnificent beaches along both the Pacific and Atlantic coasts, great sportsfishing, white water rafting, an abundance of wildlife and thousands of acres of national parks. Eight percent of the entire country is part of the National Park System.

Costa Rica was discovered by Christopher Columbus in 1502, during his fourth voyage to the New World. His ships dropped anchor at Cariari Island, close to what today is known as Port Limon on the Caribbean coast. Impressed by the lush vegetation of the land and the gold jewelry worn by the Indians, Columbus named the area "Costa Rica", or "Rich Coast."

Costa Rica enjoys a spring-like climate year round with an average temperature of about 73° in the Central Valley and around 80° on the coasts. The winter or rainy season is between May and November, with bright and sunny mornings and showers in the late afternoon. The pleasant climate and relaxed friendly atmosphere means one can dress comfortably and informally everywhere.

The capital city of San Jose with its rich cultural heritage, and a tradition of fine music, theater, dance and entertainment has hotels and pensiones to suit every budget. There are fine restaurants, quaint shops and an active night life. Home of the National Theater and many msueums and art galleries, the city offers a variety of attactions. This is, in fact, a country where choices are easily available. A visitor, staying even in a moderatley priced hotel, can choose between watching an NFL football game on cable TV in English, visiting museums, or taking an excursion to a volcano or through a tropical jungle.

Inevitably, San Jose will be the first stopping point, but any visitor that restricts his stay to the capital will have missed a great deal of what Costa Rica has to offer. There are many day trips available from San Jose as well a longer excursions to volcanoes, beaches, rain forests, cloud forests and the many national parks. In strict geographic terms, nothing in Costa Rica is far from anywhere else. The maximum length of the country is 303 miles and the minimum width, from the Pacific to the Caribbean coasts is 75 miles. This does not mean, however that travel between any two given points is fast or easy. Mountain ranges run the length of the country and travel can be something of an adventure. There are two train lines and they are both spectacular. It takes several hours to travel from San Jose to the Caribbean port city of Limon but the trip through the mountains is unforgettable. The other end of the line from the capital is the Pacific port of Puntarenas, from which there is easy access to many islands and beaches.

One can easily reach Costa Rica from the West Coast on LACSA, TACA or Eastern Airlines. For more information about Costa Rica or details about individual or group travel, contact Mara Cantor at Expanding Horizons, 11 DeAmaral Rd., Carmel Valley, Ca 93924, 659-4744.

(Editor's Note: Expanding Horizons is a personalized travel company owned and operated by Mara Cantor. She has more than 15 years experience in business and travel and offers both the business and pleasure traveler a wealth of knowledge, experience and service. She also offers unique and unusual group tours focusing on archaeology, culture and environment. Mara Cantor invites you to discover the world with EXPANDING HORIZONS.)

Water Board To Discuss Allocations

The Monterey Peninsula Water Management District Board of Directors will meet at 7:30 p.m. on Monday, September 9 in the Monterey City Council Chambers.

Public participation items on the agenda include a request by the city of Carmel to revise their water allotment. The city will be making a formal presentation to the district board proposing that their water allocation be increased. Current usage within Carmel is a 99.99 percent of its allocation. The district board is expected to discuss Carmel's proposal and to refer specific issues to a standing committee. Also being considered is a change in the allocation process so that a compliance determination is made on a monthly basis instead of an annual basis.

The board will also consider authorizing a cost effectiveness comparison of including either a hatchery or fish passage facility as part of the proposed New San Clemente Dam.

Other matters before the board include receiving the annual water systems reports for the 1985-86 fiscal year from twenty-four systems including Cal-Am; receiving an annual well production report summarizing ground water pumping from the 300 private wells in the district; adopting the second reading of an ordinance which would amend the administration of connection charges; and, adopt a water conservation program for the 1986-87 fiscal year.

Embroiderers' Guild To Meet

The Monterey Peninsula chapter of the Embroiderers' Guild of America, Inc. will hold a general meeting at 9:30 a.m. on September 8 at the Community Room of The Crossroads.

Scheduled to speak is Susan Watts of San Jose. She will give a program and demonstration of Temari, the ancient Japanese art of embroidering handwrapped balls.

Visitors are welcome at the meeting. There is a $2 fee for non-members.

For more information call, 624-0890.

Chapel Guild To Host "Welcoming Tea"

The Carmel Valley Community Chapel Guild will hold their annual "Welcoming Tea" beginning at 12:15 p.m. on September 10 in the Fellowship Hall at the Chapel.

The scheduled speaker will be a representative from the Hospice of the Monterey Peninsula who will discuss inpatient and outpatient care.

Hostesses for the event will be the Guild Board of Directors. Everyone is welcome. Arrangements can be made for transportation by calling Helen Keene at 659-4283.

The Chapel Guild meets the second Wednesday of each month. The Chapel is located on Paso Hondo and Village Drive.

Library To Show "Spellbound"

The Alfred Hitchcock thriller, *Spellbound,* will be the featured film at the Carmel Valley Library on Friday, Sept. 5 at 8 p.m. sharp.

The 104 minute film stars Ingrid Bergman and Gregory Peck. Admission is $2.50 adults, $1 children.

The Library is located at 65 W. Carmel Valley Road in Carmel Valley Village. For more information call, 659-2377.

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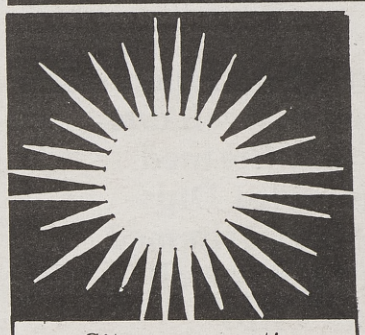

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WILDERNESS REPORT

by Glenn R. Stewart
Ventana Wilderness Sanctuary

There is a place for eagles in Big Sur. After several years of looking forward to the return of the bald eagle to the Central Coast, the dream has become reality.

That realization was brought home in no uncertain terms when I came upon our first released eagle perched upon a ridge recently. It was sunset and we were hoping to locate the bird with radio telemetry equipment and get a visual on her before dark. The signal was strong indicating that she was close by.

Our last sighting had been during midday as she soared above the Ventana Wilderness Sanctuary release site in Anderson Canyon. Bald eagles have a distinctive soar. It is different from red-tailed hawks, vultures and golden eagles. They seem to "float" in an extremely buoyant manner. A seven foot wingspan reaches into the thermals and the big bird seems to be effortlessly sucked into the heavens.

The warm upward currents had subsided with the evening and we crep down the rutted Coast Ridge Road in four wheel drive. Suddenly, my bald eagle search image echoed back to me with an unforgettable visage. Our eagle stood like a relaxed and confident statue atop the twenty foot stump of an old ponderosa pine. One big foot was tucked up under its feathers. Her tail laid against the trunk and her head was turned casually in our direction as she watched the 4x4 creep past.

She was well off the seldom travelled road and blended in to her surroundings. The casual observer may well have completely missed her. Like a mountain lion or bobcat sighting, seeing this eagle was a rare gift. She belonged there. Bald eagles are an historic part of the Big Sur scenery and I believe that it was on that day of soaring and ridgetop perching that our awkward young bird made the transition from a dependant, newly introduced fledgling, to a confident member of the Big Sur community.

The well-preserved and relatively pristine condition of the Monterey/San Luis Obispo County coastline is a primary reason that the state and federal wildlife regulatory agencies permitted Ventana Wilderness Sanctuary the privilege of initiating this effort to restore a population of bald eagles to the area. Local groups and individuals have played an important role in maintaining the integrity of our unique coastal wilderness. The recent effort aimed at providing more sweeping federal jurisdiction over the wilderness has met with local dissent.

To many, the haunting memory of the James Watt era is still too fresh. Under Watt, discretionary powers were implemented widely to favor the development and sale of parcels of federally owned wild lands. Secretary Watt "changed the rules" governing the qualification of federal land for wilderness status that eliminated many pristine parcels from consideration. To his credit, Watt is said to have been responsible for mobilizing a large contingent of previously uninvolved Americans into active supporters of our "Natural Heritage."

Secretary Watt clearly does not represent the norm and we like to think of our Secretary of Interior as a champion of our natural national treasures. A reckoning of his behavior, nevertheless, is clearly sufficient to cause a local knee jerk reaction to the thought of a "federalized" Big Sur.

The commitment of the Central Coast to be the author of its environmental quality is a factor that bodes well for the future of bald eagles here. That strength of resolve is backed by a hundred years of continuous preservation. The feds on the other hand have recently faltered and stumbled in this regard. The impacts are permanent so the community is well advised to scrutinize the federal initiative and provide input to the process as it has been through Congressman Panetta.

Our bald eagle is out exploring and we have had some marathon days keeping up with her. We call her Miss O'Brien. Sightings of banded bald eagles in Big Sur will be greatly appreciated this fall so keep an eye out. Our bird is of course, immature and is not quite so obvious without the characteristic white head and tail feathers that they acquire after a few years.

We will continue our bald eagle releases for a minimum of five years and I expect that we will serve as foster parents for between forty and fifty eaglets in order to reestablish the species to our coastline. With your help and continued protection of the area Big Sur will truly be "a place for eagles" with bald eagle nests overlooking the Pacific from the top of redwoods for the first time since 1933.

COME TO THE PICNIC!

Here's my check to cover reservations for the CVPOA Gala Picnic to be held on Sunday, September 28, 1986, from 1 to 4 p.m., at Robles Del Rio Lodge in Carmel Valley. Here's what I'm looking forward to:

★ Lunch, including BBQ chicken, potato and green salad, garlic bread and tasteful desserts...wine, lemonade, and beer (at the Lodge bar)...

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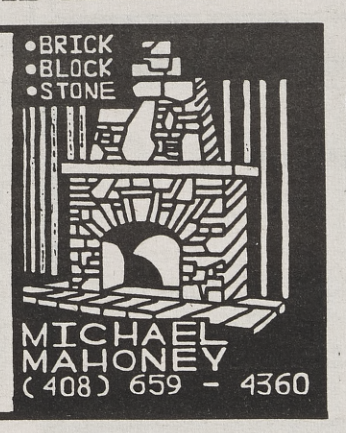

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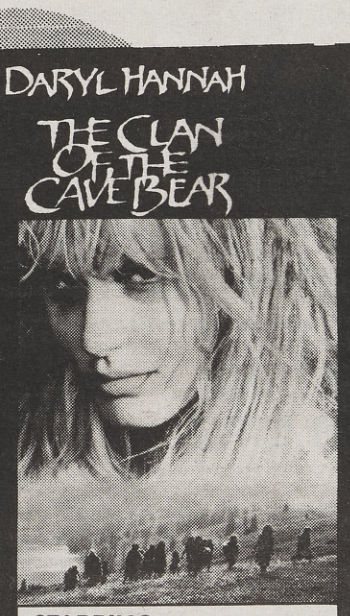

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Estrogen May Help Older Women Prevent Heart Attacks

For millions of American women, the hormone estrogen has meant relief from the symptoms of menopause, but it may have another welcome effect. It may also help reduce the risk of heart disease among postmenopausal women.

The incidence of heart attacks among women increases at menopause, when the level of natural estrogen in the body is decreasing. This has prompted scientists to look more closely into how this hormone affects the women who take it.

A researcher at Harvard Medical School in Boston, Meir J. Stampfer, M.D., is trying to gain a better understanding of the role of estrogen in cardiovascular health by focusing on a group of more than 32,000 postmenopausal women who took part in a survey called the "Nurses' Health Study." All were registered nurses and were free of heart disease when the study began in 1976. Stampfer and his colleagues have conducted follow-up surveys through the years to determine what has happened to the women as they grow older.

A little over one-half of the nurses indicated they had used estrogen at some point in time. Thirty-five percent of the nurses wre using the hormone at the time the study began in 1976.

A follow-up survey, to which 93 percent of the women responded, was done in 1980. The follow-up survey indicated that between 1976 and 1980, 25 of the nurses died as a result of cardiovascular disease and 65 suffered non-fatal heart attacks.

From the survey data collected, Stampfer drew a conclusion that the nurses who used estrogen had a lower risk of heart attack than the nurses who never used the hormone.

One reason for this apparent protective effect might be that estrogen tends to alter the cholesterol content of the blood. It appears to cause a decrease in the levels of "low-density lipoprotein" cholesterol, which may contribute to atherosclerosis. Estrogen also seems to help raise the level of "high-density lipoprotein" cholesterol, which helps reduce the risk of coronary heart disease.

Estrogen has a number of other health effects, some of them good and some adverse. For example, the use of estrogen alleviates menopausal symptoms and may be useful in preventing or retarding osteoporosis. But estrogen also increases the risk of endometrial cancer. The effect of estrogen as a risk factor for stroke is unknown.

The American Heart Association recommends the use of estrogen by postmenopausal women should be carefully controlled by individual physicians.

The "Nurses' Health Study" is continuing, and Stampfer and his colleagues hope to learn more about the relationship between estrogen and heart disease. The study is the largest longitudinal study of risk factors for cancer and heart disease in women. The primary aim of the study is to identify the lifestyle patterns that lead to good health and freedom from heart disease.

The American Heart Association hopes that more information will be gleaned from a new round of follow-up surveys to be conducted this year. Researchers hope to learn more about the use of estrogens, as well as the impact of diet and other lifestyle practices on the risk of heart disease.

Adult Holistic Education Class To Be Held

A class on Adult Holistic Education will be presented at the Carmel Valley Community Youth Center beginning at 9 a.m. September 15 in the Activity House, 25 Ford Road, Carmel Valley Village.

The course will include stretching, breathing, visualizations and self-massage, as well as basic anatomy and health care practices. "I emphasize breathing with movement, and creating a positive awareness of the state of body and mind," said Ms. Angel. "It's fun and revitalizing and you'll learn things you can use everyday to be healthier and happier." Some "health" food preparation, and guest speakers are also planned.

Ms. Angel is a certified massage practitioner. She grew up in the Carmel Highlands and is a graduate of San Diego State University.

The course is sponsored by the Monterey Peninsula Adult Education Program and requires no fee. A minimum of 15 people are required to hold the class. For further information call 659-3983.

For more information call 659-3983.

How Interventions Work

A free film and workshop to explain how a professionally arranged intervention can break the cycle of drug or alcohol addiction and begin recovery will be offered at 6:30 p.m. Wednesday, Sept. 10 in the Education Building behind the Recovery Center of the Monterey Peninsula, 576 Hartnell St., Monterey.

Another workshop to explain the intervention process will be conducted from 1 p.m. to 2:30 p.m. Tuesday, Sept. 9 at the Recovery Center. For more information, call 373-0924.

CHOMP Makes Osteoporosis Diagnosis Easier

Community Hospital of the Monterey Peninsula now offers diagnostic tests for osteoporosis, the degenerative bone disease that affects 20 million Americans and leads to nearly $4 billion a year in health care costs.

Those who would be most likely to benefit from this test are postmenopausal women who may develop progressive osteoporosis, people with age-related osteoporosis, the chronically ill, and young female athletes who run 15 miles or more per week, he said.

After initial diagnosis, followup studies can measure the effectiveness of treatment and provide the physician with an assessment of the disease. The tests are performed on referral from physicians at a cost of $195, and take about 15 minutes.

They are non-invasive and are administered with the CAT scanner in the Diagnostic Center at Community Hospital. For more information, call 625-4830.

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WATER WATCH

by Henrietta Stern
Courtesy of the Monterey Peninsula
Water Management District

Water Allocations: Who Gets How Much...And Why?

Carmel Valley Sun readers are probably aware of the Water Management District's temporary suspension of new or intensified water meters in the city of Carmel last month, due to preliminary findings that the city had exceeded its water allocation. (A Cal-Am audit discovered that Carmel was just under its allocation, and the temporary moratorium was lifted on August 11.) Some may wonder, "What is this water allocation, and how did it come about?" The purpose of this column is to describe the allocation process, why it came into existence, how it was developed, and its value.

Why Have An Allocation System?

Our water supply depends on a limited local resource that varies with annual weather patterns. We also have six cities and the county vying for water in a small geographic area. After the 1976-77 drought, it became clear that a system was necessary to (1) limit our vulnerability to a drought by preventing demand from exceeding available water supply in dry years, and (2) equitably distribute available capacity to ensure that no one entity would use all the remaining available supply by developing too rapidly.

Each jurisdiction, represented by Policy Advisory and Technical Advisory Committee (PAC and TAC) members, agreed with the district board that water allocation was the most practical means to achieve these goals. The existing water allocations have existed since 1981 and are a product of extensive technical study, discussion and cooperation among the member jurisdictions. The district board serves to arbitrate and enforce the allocations recommended by the PAC and TAC.

How Were They Determined?

Two immediate questions faced the PAC and TAC committees: How much water is available to allocate and how much water should each jurisdiction receive? Water district staff often use an edible analogy—a water pie—to explain this concept. How big should the pie be and how big a slice should each participant get? Note that the allocation refers only to Cal-Am metered sales, not total production from the water pump.

Regarding the first question, 18,600 acre-feet was set as the maximum amount of metered Cal-Am sales to allocate (the size of the pie). This figure is based on the PUC's estimate of Cal-Am's normal year production capacity, including the four new wells (22,000 acre-feet), minus 2,000 acre-feet for a drought reserve, minus another 1,400 acre-feet for unmetered water uses such as leakage or fire hydrants.

PAC and TAC members then determined who gets what share of the pie. After much discussion, two policies evolved. First, allocations would be based on existing (1979-80) use plus projected needs in the year 2000 in order to supply water where the market would have dictated growth. Comparable equity would be achieved by providing enough water to each jurisdiction t allow it to achieve its projected growth needs, based on existing general plans.

The flip side of this coin is that a jurisdiction could control or enhance growth by the amount of water it requested. Due to inflated projections early in the allocation development process, all committee members agreed that objective data must form the basis for deciding who gets what share. To that end, the regional economics firm of Recht, Hausrath and Associates was hired to project residential and commercial growth in the year 2000, based on economic, demographic and land use trends.

To convert these land use and economic projections into water use, the district adopted Cal-Am figures on average use per single-family residence, multi-family units, commercial employee (which reflects tourist volume) and industrial employee. Figures were based on 1979-80 average water use for the district, except for Carmel Valley residential projections, which used higher rates to reflect the impact of the hotter climate on outdoor use.

How The Allocation system Works

Since April 1981 each jurisdiction has known the size of its slice of "water pie," and can plan for future growth accordingly. In fact, some cities have developed their own "internal allocations" to better assess water availability for future growth. The district board annually reviews each jurisdiction's water use for the previous year (July 1-June 30), and informs city planning staff of how much "pie" is left to consume. District rules and regulations clearly state that if a jurisdiction exceeds its allocation, the board must suspend the setting of all new water meters as well as intensified use of existing water meters.

The Value Of Water Allocation

In normal and wet years it may seem unfair to suspend water connections in jurisdictions that exceed their allocation, but one must remember that new users continue to use (and have a vested right to use) water even in future dry years. The allocation is based on normal year production capability. Weather patterns occur in cycles, and it is the district's mandate to think of future sub-normal years and to avoid placing the community in a vulnerable situation should they occur.

Can The Allocation Be Changed?

There are two ways the water pie can be altered: the size of some pieces could be enlarged or reduced, or the pie could get bigger so everyone receives more. Any alteration to the size of the water allocations must first be approved by the PAC and TAC. In order to enlarge the total allocation, a new source of water must be obtained. To that end, the district has proposed the New San Clemente Project, described in last month's column.

Based on its recent experience with Carmel, the board is in the process of revising its Rules and Regulations to clarify when water permit suspensions would occur, whether certain new watersaving projects could be exempted, and under what conditions meters could again be set. More on that in future issues!

(For more information or suggested topics, readers are invited to contact Henrietta Stern at 649-4866 or P.O. Box 85, Monterey, CA 93940.)

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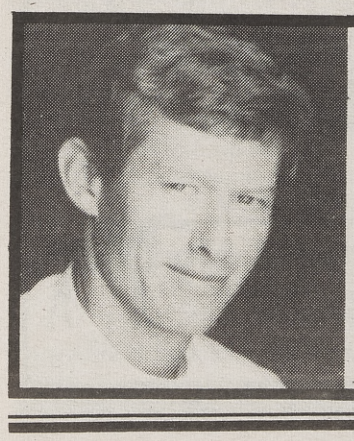

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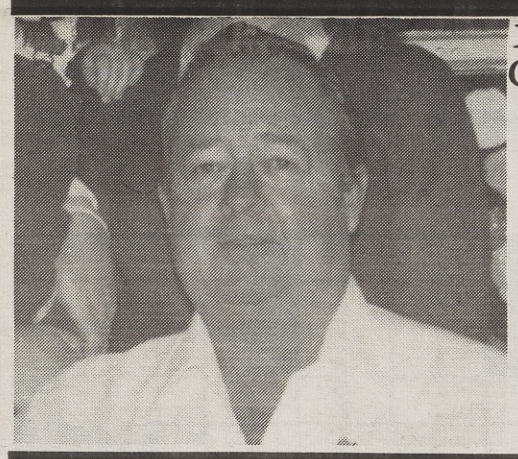

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THE CHAMBER CONNECTION

The Chamber's booth at the Monterey County Fair was well patronized by Fair visitors. They came to see our scarecrow, which was perched in front of the booth, and they came to find out more about Carmel Valley. They were not disappointed. Special thanks to Lois Lamar, Chamber past president, who responded above and beyond the call of duty to serve at the booth. Special thanks, too, to all of the other Chamber members, too numerous to mention here, who gave so much to this event.

This Chamber sends special congratulations to the Carmel Business Association whose scarecrow won first prize at the Monterey County Fair's 50th Anniversary celebration.

■ The Second Annual Mixer/Fund Raiser hosted by Nick Lombardo and Rancho Canada was its usual success. Nick does a splendid job and is a warm and gracious host. Those who attended enjoyed roast beef, sumptuous hors d'oeuvres, fruits in season, and a variety of libations. The Chamber again thanks Nick Lombardo for his generosity in hosting what has become an annual event. All funds collected were given to the Chamber; the event itself is a donation to the Chamber by Rancho Canada.

■ David Bean, Executive Director of the Monterey Film Festival, will be the Chamber's guest speaker at its regular monthly luncheon at 12 noon on September 11 at Carmel Valley Inn. Mr. Bean also is a consultant to the home video industry for artists and producers, and was president of Pacific Arts Video from 1981 to 1985. Chamber luncheons are open to the public; the cost is $7 for Chamber members, $9 for non-members. Reservations are required, so please call Anne at the Chamber office (659-4000) and let her know you'll be there. By the way, Director John McCord, the genial manager of Carmel Valley Inn, promises a delicious repast.

■ November is election time at your Chamber of Commerce, and president Sal Nicita will shortly appoint a Nominating Committee. Directors whose terms expire are Paul Brocchini, Alice May, John McCord, Lee Mink and Sal Nicita. Chamber members are urged to consider running for the Board of Directors, a vitally important way of serving your community. More about this as election time nears.

■ We're often asked who the Chamber's Directors are, and so here are their names. These women and men donate generously of their time and effort—without remuneration—to guide the Chamber's fortunes, and deserve much credit:

Officers: President, Sal Nicita, owner, S.J. Nicita Accountancy; 1st Vice President, Jo Lomanto, Branch Manager, Bank of America; 2nd Vice President, Paul Brocchini, Prestige Properties; Treasurer, Judy Caswell, owner/operator, JCS Word Processing; Secretary, Sidney Sue Slade, Green & Slade, Accountants; Past President, Lois Lamar, Manager, Western Title Insurance.

Board Members: Steve Austin, D.D.S., Family Dental Care Center; Jim Chinn, Manager, Monterey Savings; Lee Goldman, M.D., Family Medical Practice; Kim Hartford, O.D., Optometrist; Nick Lombardo, owner, Rancho Canada; Anne Marshall, Tax Attorney; Alice May, Manager, County Bank & Trust; John McCord, Manager, Carmel Valley Inn; Lee Mink, Financial Services; Melissa Taylor, Manager, Wells Fargo Bank, Carmel Center.

Until next time...

Crosswords PLUS

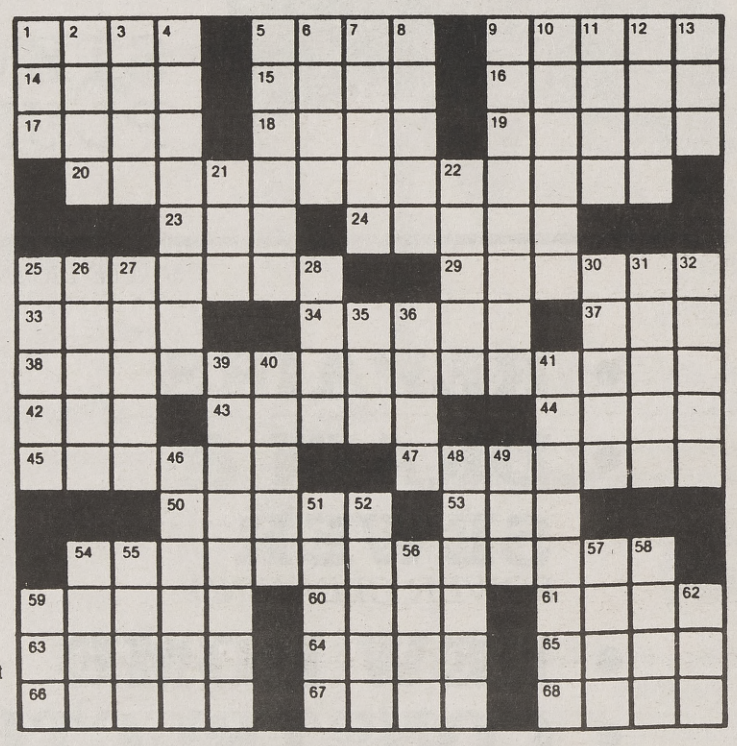
Night Shift, by Nancy D. Little

ACROSS

1 Swedish rock group
5 Operate properly
9 Network TV alternative
14 *Plaintiff*
15 Rug buyer's concern
16 Steer clear of
17 Bridge feat
18 Take up the crops
19 Men's club
20 A little night music?
23 Where a gymnast lands
24 Weasel, in summer
25 Hebrew D's
29 Rises on a wave
33 British college
34 Reverend Moon's homeland
37 Comics' caveman
38 Monkey movie
42 Harbor workhorse
43 Man of wealth
44 Bee chasers?
45 One of our Freedoms
47 Sophocles tragedy
50 Changed the wallpaper
53 Pie-mode connection
54 They talk in their sleep
59 He hit 61 in '61
60 Dino's last name?
61 Baghdad's country
63 Goosey
64 Jai _____
65 Dispossess
66 Got an eyeful
67 Roy Rogers' real last name
68 ____-do-well

DOWN

1 Mooncalf
2 Edison's idea?
3 Stock market pessimist
4 Military might
5 "Mr. _____" (Don Rickles)
6 Rocks to refine
7 Things that exist
8 Down the tubes
9 Secure transportation
10 Take to the air
11 Couch potato's tube
12 *Streaked*
13 Asner and Ames
21 Abzug's trademark
22 One without promise
25 Bills to pay
26 Cleaned one's plate
27 File a complaint
28 Throw out of kilter
30 Work for nine
31 Visitor to Dreamland
32 Bride, in Bologna
35 Son _____ gun
36 *After-shower wear*
39 More than miffed
40 Muslim messiah
41 Time to celebrate
46 Coveted fur
48 "Annie _____" (old song)
49 Whitney the inventor
51 Ingrid's *Casablanca* role, et al
52 Man Friday
54 Told all
55 *Mr. Roberts*
56 Pier
57 Indisputable
58 Return envelope, for short
59 "O Sole _____"
62 15 min., to Tom Landry



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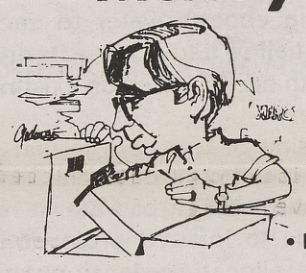
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Best of Country Living . . . Year-round streams, great variety of trees flowering and fruit bearing. Fully fenced. Decks for outdoor living. Large LR, 2 BR, a rumpus, kitchen with all amenities, two fireplaces. Property in superb condition in and out. If you've been disappointed in your looking come look at this delightful property. **$172,500.**
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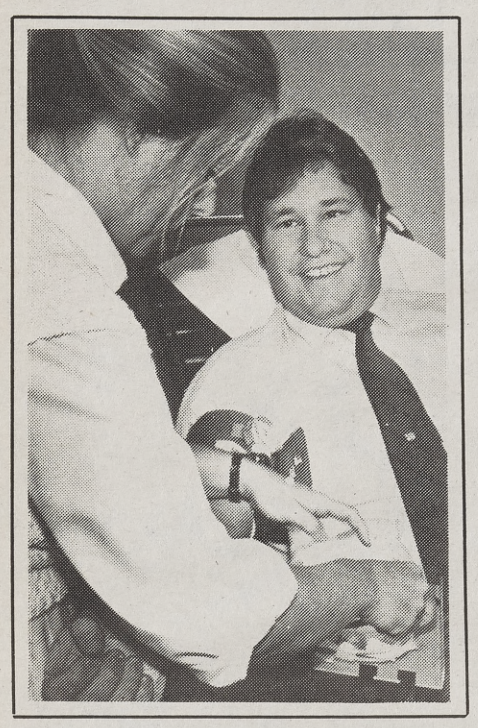

Important To Give

The Red Cross and Community Hospital held a Bloodmobile at the Crossroads on July 31. It was an important event because the scare of AIDS has caused blood donations to go down. Here Katherine Wolf, R.N., prepares to draw from Michael Harter, assistant manager of the Crossroads Safeway, who knew the blood donation would not result in AIDS.

Preschool Aps Available

The Carmel Valley Community Chapel Christian Preschool is now accepting applications for the 1986-87 school year.

The program consists of a variety of activities designed to help the child grow spiritually, socially, intellectually and emotionally. Activities include stories, arts and crafts, music and dance, coordination games and academic subjects.

For more informaiton call 659-2278 or 659-3030.

Golf Tourney To Aid Heart Research

The Central Mission Trails Chapter of the American Heart Association invites all golfers to support heart research by entering the Open Heart Open Golf Tournament on September 19 at the Corral de Tierra Country Club located west of Salinas. The cost to enter is $150.

The golf professionals from local clubs will be on hand for a "pro shootout" and to conduct a clinic before the tournament. The golfer with the low net wins a week at a luxury Lake Tahoe condominium. And the top seven golfers in each flite win prizes.

The OHO is the tenth one to be played and throughout the years has raised $103,354.50 for the Central Mission Trails Chapter. A group of agri-business-men recently donated a truck load of produce which raised $7,500 to kickoff the tenth annual OHO. "We're hoping to make the tenth OHO an outstanding tournament in terms of fun for the participants and how much we raise for American Heart Association research and public education programs," said OHO chairman Ed Adams of Salinas.

Anyone who would like more information on the tournament or on business tee advertising should call the local American Heart Association at 372-6221.

CUSD Music Boosters Welcome New Music Instructor

The Carmel Unified School District Music Boosters is pleased to welcome Mr. Richard Robins as the new music instructor for Carmel High School.

Formerly of Southern California, Robins was brought to Carmel largely through the efforts of the Frohman Academy. He will be teaching three periods of instrumental music at CHS this fall.

Students interested in taking part in the expanded music program should contact their high school counselor.

An Open House and reception to welcome Robins is being planned for the second week in September. Parents and interested supporters in the community are urged to become a part of the CUSD Music Booster organization.

For more information call Sharen Carey, 624-3652, or Kathy Nicholson, 624-5636.

Sheriff's Log (continued from page 2)

8-14' tall, Morgan & Work Ranch bordering Segunda Canyon, 1 arrest. **August 27:** Burglary, car parked at Los Padres Dam; Civil dispute; Home illegally entered by prior tenants; Paso Hondo; Burglary, Carmel Valley Ranch, binoculars and spotting scope taken; Shoplifter arrested, Albertson's.

Fire/Ambulance Log
Carmel Valley Village

August 16: Motorcycle accident, La Rancheria, Transport to Chomp (TC); Smoke investigation, 150 E. C.V. Rd. **August 17:** ME, 53 E. C.V. Rd., no merit. **August 18:** ME, El Caminito, TC; **August 19:** ME, Porter's Pond, TC. **August 20:** ME, 500 W. C.V. Rd., TC. **August 21:** ME, Merril Way, TC. **August 22:** SC, Hidden Valley Music Seminars. **August 23:** Mutual aid, E. C.V. Rd.; ME, C.V. Market Non Transport (NT); ME, Chaparral Rd., TC. **August 24:** Motorcycle injury; Laureles Grade, NT.

Mid Carmel Valley

August 13: ME, River Pl., TC; Illegal campfire, Robinson Cyn. **August 15:** Service Call (SC), Valley Hills Center, leaking sprinkler system. **August 19:** ME, Quail Lodge, TCommunity (TComm); **August 20:** Vehicle fire, El Camino Estrada, $5,000 damage. **August 21:** Service alarm, 710 W. C.V. Rd., glass in roadway; ME, Dorris Dr., TComm.; ME, Saddle Mtn., TComm; **August 23:** Vehicle injury accident, C.V. Rd. at Dorris Dr. TC.

SED Raids (continued from page 5)

inland forests south of Big Sur, Prunedale, Arroyo Seco and Carmel Valley. Though SED statistics don't show how many plants have been seized locally, the Sheriff's log reports over 1,200 plants seized locally between August 15 and 28.

The plants were not just in Cachagua, as many might suspect. They were found behind Stonepine Ranch, in Paloma Canyon, on Holt Ranch in Robinson Canyon and in Garzas Creek. Earlier raids found a huge garden at the Los Padres Dam and a smaller garden at Jack's Peak.

"I thought the large gardens were over 'til I saw the gardens in Cachagua and Paloma Canyon," said Sgt. Anzini, adding that the general trend has been for smaller gardens. The number of "backyard" gardens has also increased he explained. "Just because they're smaller doesn't mean they're immune," said Sgt. Anzini. In fact, they are at far greater risk than the commercial grower.

For commercial growers getting raided is a "risk of doing business," said Sgt. Anzini. Backyard growers, however, are "taken by surprise."

With the initiation of the "asset seizure" code [21USC 881 A(4) and A(6)] the homeowner caught with plants stands to lose property and vehicles as well.

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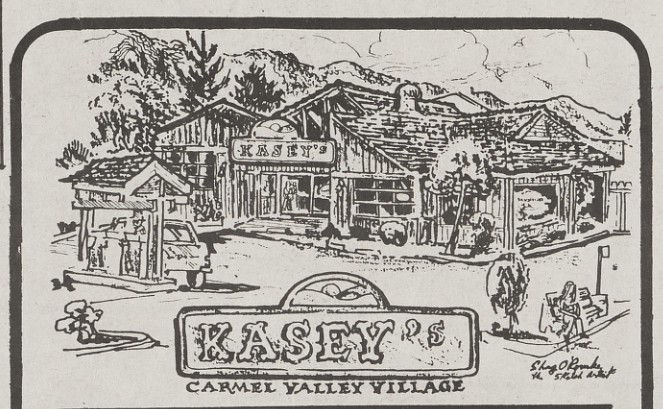
About our muffins, some folks are raving,
Say they've developed quite a craving,
All through town they fight the yearning,
But at the corner, just can't help turning,
They give it their best, but it's quite a feat,
To pass up the muffins at the
SWEET RETREAT
Pilot Road at Del Fino, Carmel Valley 659-0600
"Fresh coffee & donuts every morning"



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"Our Chili is Better than your chili."
NO? Well prove us wrong by entering the Great Chili Cook-Off, Sept. 13th
See you there!
OPEN 6:30 a.m.—11 p.m. Daily
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Village Business Service
Carmel Valley Road in "The Village"

Shelly's Kitchen
Serving American, Italian
Remember, summer hours continue only until September 26.
LUNCH & DINNER
Monday thru Friday
Dinner Menu
Now you can enjoy Chinese Chicken Salad, Stuffed Cabbage, Eggplant Parmigiana and all of your other favorites from our regular menu.
LUNCH: Mon-Fri 11:30-2:00 DINNER: Mon.-Fri. 5:30-8:00
* We are the oldest, local non-smoking restaurant
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659-2792, 659-3601 Reservations Advised

VALLEY VOICES

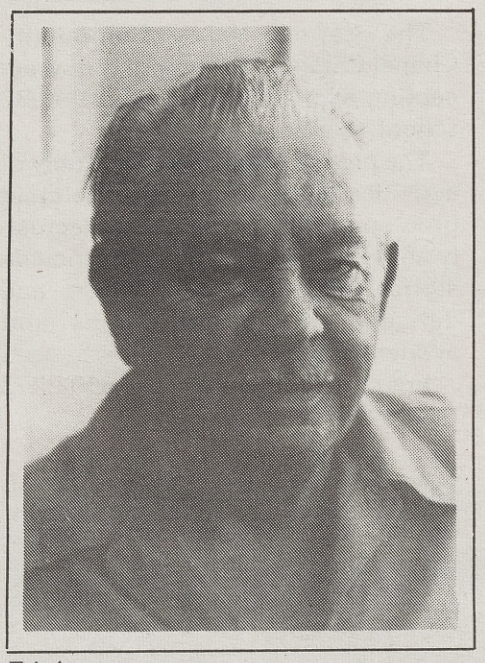
What kind of reputation do you think Carmel Valley has with the rest of the peninsula?

Jack Sassard

"Carmel Valley has an envious reputation all around. That's why everybody wants to come in here."

Josephine Welborn—Books 'n Things

"I've heard all kinds of negative things about the people, but everyone that's come in the shop has been nice and pleasant."



Ed Armstrong

"It has the reputation of being wealthy and certainly in my case it's not earned."

John Macy

"We're the wild and crazy ones of the peninsula. Everyone thinks we're a little wild and crazy and they're probably right."

TRADING POST

SERVICES

Judy Rowley's Home Animal Care visiting pet care while you're away. 659-4609.

Furniture refinishing & restoration, antiques & modern, hand-stripping, FREE pick-up & delivery, estimates. 3 Del Fino Pl. C.V. Village 659-3019.

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FOR SALE

42" diameter Rd. table, 4 chairs $50; 8½'x12½' Oriental style rug, $100; Stereo components w/speakers $125. 659-2868.

SITUATIONS WANTED

Vendors needed for Fall Festival & Psychic Fair. We would like to have CV artisans participate Sept. 13, CV Trail & Saddle Club, 375-8548.

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S	U	E	R		A	R	E	A		A	V	O	I	D
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	B	R	A	H	M	S	L	U	L	L	A	B	Y	
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E	T	O	N			K	O	R	E	A		O	O	P
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I	N	A	N	E		A	L	A	I		O	U	S	T
O	G	L	E	D		S	L	Y	E		N	E	E	R

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